




### Product Spotlight: Broccoli


Tiny flower buds make up the head of broccoli, and if you don't harvest it on time, the broccoli will be full of yellow flowers!




## Butter Chicken with Basmati Rice

Classic Indian butter chicken curry made easy using a delicious curry paste, creamy coconut milk, and vegetables served on a bed of basmati rice.

 20 minutes

 2 servings

 Chicken

10 March 2023

## Make extra!

*Add extra vegetables such as snow peas, frozen peas, zucchini or spinach. Any leftovers can be frozen and enjoyed another day!*

Per serve: **PROTEIN** 64g **TOTAL FAT** 53g **CARBOHYDRATES** 56g

## FROM YOUR BOX

BASMATI RICE	150g
DICED CHICKEN BREAST	300g
BROWN ONION	1
BROCCOLI	1
TOMATO	1
BUTTER CHICKEN CURRY PASTE	1 jar
COCONUT MILK	400ml

## FROM YOUR PANTRY

butter, salt, pepper

## KEY UTENSILS

large frypan with lid, saucepan

## NOTES

You can garnish this dish with some sliced chives or chopped coriander. If you have some flaked almonds you can toast them and sprinkle on top.



### 1. COOK THE RICE

Place rice in a saucepan and cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. SEAL THE CHICKEN

Heat a frypan with **1/2 tbsp butter** over medium–high heat. Add chicken and cook for 2–3 minutes or until sealed.



### 3. ADD THE VEGETABLES

Dice onion, cut broccoli into small florets and dice tomato. Add to pan as you go.



### 4. SIMMER THE SAUCE

Stir in curry paste and coconut milk until combined. Cover and simmer for 10 minutes until broccoli is tender. Season with **salt and pepper** to taste.



### 5. FINISH AND SERVE

Serve butter chicken with rice (see notes).



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